



FAMILY RITUALS



Buy A Gift For Your Child, Give It Away

Plant A Tree or A Garden

Celebrate Birthday

Balloons at Grave Site

Cake with Candles

Donate to SIDS research or support

Acknowledge Death Anniversary

Mourning Pin

Donation to SIDS

Flowers at Grave or Church Altar



Make A Memory Stone

Volunteer

SIDS Office

Visitations With Other Grieving Parents

Keep Your Child In Your Life

Holiday Rituals

Use Child's Name

Keep Photos, Make A Scrapbook

Tell Subsequent Children About Sibling

Light A Candle of Love

Keep A Journal, Write To Your Child

